

SAFETY ON THE LINE

A service of the NASA KSC Safety and Mission Assurance Directorate

April 2000 vol. 04



“SMILE.... because life is such a wonderful gift”.

- Unknown

KSC's Skin Cancer Protection Program

Skin cancer accounts for about one-half of newly diagnosed cancers. Florida's subtropical weather, the need to perform outdoor work, and outdoor recreation increase our risk of

excessive sun exposure and our risk for certain skin cancers. Many of these cancers can be avoided or caught early enough to cure. As part of our guiding principle of Safety and Health first, the KSC Skin Cancer Prevention Program has been developed. The program includes education and medical surveillance, but the key to this program is **you**. Each individual must take personal responsibility for his or her health – whether it is in the area of nutrition, exercise, excess sun exposure, or medical care. Here are some hints for skin cancer prevention.

Education – the KSC Health Education and Awareness Program has pamphlets on skin cancer avoidance, recognition, and treatment (phone numbers below)

Avoidance – Peak sun exposure occurs from 10:00 a.m. to 2:00 p.m. standard time. Avoid sun exposure, when possible, during those hours.

Protection – Use personal protection such as wide brimmed hats, sunglasses, and sunscreen (minimum protection SPF 30) when sun exposure is necessary.

Medical Surveillance – Perform monthly skin self-examinations. Educational instruction pamphlets are available (phone numbers below).

High risk individuals (e.g., family or personal history of skin cancer, atypical moles, numerous moles [greater than fifty], fair skinned individuals, or a personal history of intense sun exposure) should have periodic evaluations by a dermatologist or skin cancer specialist. It is critical to protect children from excess sun exposure to minimize their chance of developing skin cancer as an adult because sun exposure is cumulative. And finally, if you see one of the **ABCD warning signs** below, see your physician.

- **Asymmetrical** (one half is unlike the other half)
- **Border irregularity** (border is scalloped, vague, or blurred)
- **Color variability**
- **Diameter greater than 6 mm**
- Call 867-6385 for general questions about the KSC Skin Cancer Prevention Program.
- Call Carol Roth, KSC Health Education and Training Program Coordinator, at 867-3414 for educational materials.



Do you have questions, comments, or an article you would like to submit? Contact Alan at 867-4611, fax number 867-3583, mail code EC-H3 or e-mail him at "Safety on the Line" found in your global address list. Safety on the Line is also on the Web. Go to the KSC home page, then click on KSC internal page, then find us under NASA/KSC news.